It's hard to find a natural antidote to today's overstressed world. The encouraging news is that lemon balm (Melissa officinalis), a plant native to the Mediterranean region, has been clinically proven to help with anxiety and sleeplessness. What's more, lemon balm produces these calming effects while also enhancing memory and attention.

Cyracos® lemon balm extract is prepared from special lemon balm chosen for its high concentrations of hydroxycinnamic and rosmarinic acids. These active lemon balm constituents appear to enhance mood by modulating specific nicotinic and muscarinic receptors in the cerebral cortex of the brain.

Aside from relieving everyday stress and sleep problems, the anxiety-relieving properties of this plant extract may also offer smokers relief from the mental stress of quitting, aid in leveling mood swings, and help reduce the emotional hunger associated with dieting (or calorie restriction).

**RELAXATION PROMOTING EFFECTS OF L-THEANINE**

The Japanese have long known that L-theanine, an amino acid derived from green tea, is a natural relaxant that diminishes stress—without drowsiness, impaired thought, or other side effects.

L-theanine produces calming effects in the brain in ways that have been compared to meditation, massage, and aromatherapy. L-theanine induces relaxation without causing drowsiness. In fact, studies show that L-theanine enhances the brain's ability to concentrate, learn, and remember. Unlike caffeine, L-theanine increases GABA (gamma-aminobutyric acid), an inhibitory neurotransmitter that not only induces relaxation but also produces a sense of well-being. L-theanine may normalize levels of dopamine, a critical brain hormone that is depleted by various stress factors.

**A HOST OF HEALTH-ENHANCING BENEFITS**

Research shows that L-theanine has numerous health-enhancing effects, including protecting cognitive function. In studies of neurons in cell culture, L-theanine significantly reversed glutamate-induced toxicity, a major cause of degenerative brain decline.

To order Natural Stress Relief with Lemon Balm and L-Theanine, call 1-800-544-4440 or visit www.lifeextension.com

Based on an enormous amount of published data showing the multiple beneficial effects of lemon balm extract and L-theanine, Life Extension has combined these potent, but safe nutrients into a new formula called Natural Stress Relief. Each capsule of Natural Stress Relief provides:

- 300 mg of Cyracos® lemon balm extract
- 200 mg of Suntheanine® L-Theanine

Note that the amount of L-theanine in this product is double that of most L-theanine stand-alone supplements. The reason for this potency increase is reports of greater benefit when at least 200 mg of L-theanine are taken.

The retail price of a 30 count bottle of Natural Stress Relief is $28. If a member buys four bottles, the price of this potent stress-relieving formula is reduced to just $18 per bottle.

**BEREARE OF IMITATIONS** The L-theanine used in the new Natural Stress Relief is Suntheanine®, the only pure form of L-theanine available worldwide and the only form protected by 40 internationally recognized patents and scientifically proven in clinical studies to be safe and efficacious. Independent laboratory analysis has verified that certain other products on the market claiming to contain "L-theanine" are only half L-theanine, the other half being a different form of theanine known as "D-theanine" which has not been scientifically evaluated in published studies. Suntheanine® is a registered trademark of Taiyo International, Inc. Use of Suntheanine® is protected by US Trademark Registration No. 2,548,037. Cyracos® is a registered trademark of the Berkem Group.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.